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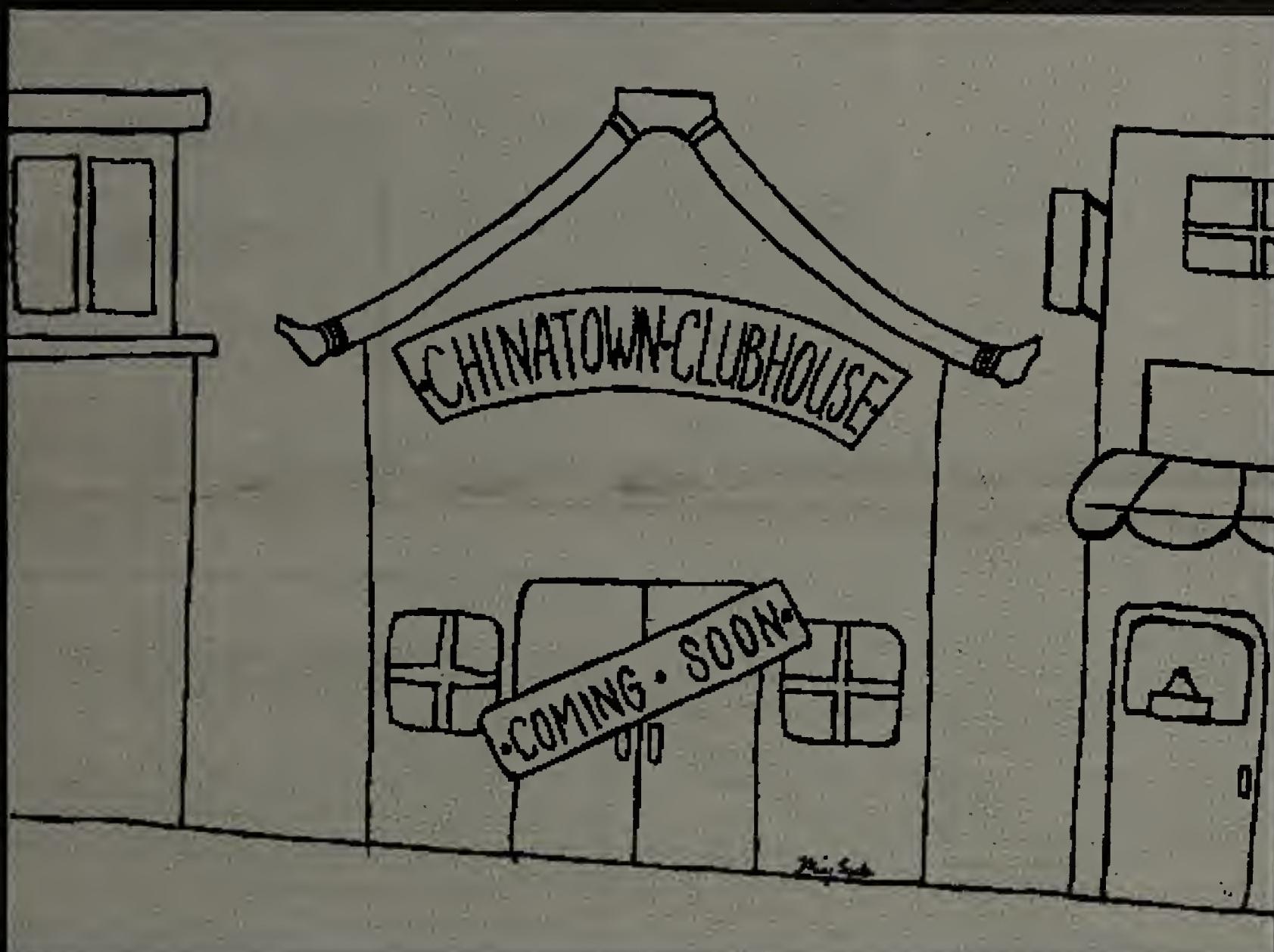
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本期摘要



INSIDE: HEALTH FEATURE (pgs. 7 and 8)

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NEWS

LOCAL

Updated Chinatown Master Plan to be Released

By Lydia Lowe, Chinese Progressive Association

What do the people of Chinatown want for the future of our community? A park? A library? Improved services? Affordable housing? Opportunities for new business development? These are some of the answers contained in *Chinatown 2000*, the newly revised Chinatown community master plan.

In 1990, the Boston Redevelopment Authority and the Chinatown Neighborhood Council published the Chinatown Community Plan as a guide to manage growth during the building boom of the 1980s.

By 1999, some thirty development proposals loomed over the Chinatown/Downtown area. Many community leaders foresaw the transformation of Chinatown being driven by commercial developers and highway construction. The Chinatown Coalition called together a group of agencies, institutions, churches, business leaders, and residents to form The Chinatown Initiative (TCI). With support from the Mabel Louise Riley Foundation, TCI set out to revise and update the Chinatown Community Plan.

"We hope that this updated master plan can be not just a piece of paper, but actually used as a guideline for future Chinatown development," said Sau King Chan, a Johnny Court resident who has served on the steering committee.

The Chinatown Community Plan of 1990 put forth five major principles, or policy recommendations: 1) Strengthen the working class family neighborhood; 2) Expand Chinatown's economy; 3) Enhance Chinatown's cultural heritage, historic legacies, and environment; 4) Redirect institutional growth away from Chinatown's core; and 5) Build land bridges for the future Chinatown, reconnecting it with neighboring districts.

Chinatown 2000 reaffirms the basic principles of the 1990 plan, but includes updated data describing current conditions in the community, and incorporates input from a series of community focus groups and interviews conducted over the past year. The plan is

divided into nine sections, including: Business and Economic Development; Community Services; Historic Preservation; Housing and Real Estate; Infrastructure, Public Utilities and Amenities; Land Use; Open Space; Traffic and Transportation; Urban Design and Development Control.

TCI leaders are requesting to present the *Chinatown 2000* plan to the Boston Redevelopment Authority (BRA) board this summer. This is a crucial step for the community, since the BRA board will be making important decisions this summer about proposals such as the Liberty Place and Kensington projects. The proposed developments are significantly higher and larger than current zoning guidelines for the area allow.

The publication of *Chinatown 2000* begs the question: Do these and other upcoming development proposals contribute to the vision of the community that people want for Chinatown's future?

Suzanne Lee, principal of the Quincy Elementary School and a longtime community activist who remembers the original community planning process, believes this is the most important question. "With the publication of *Chinatown 2000*, the community can come together around an agenda to which developers and the City must respond," says Lee. "But this will only happen to the extent that we can participate and cooperate. Differences of opinion will continue, but if we can come together on a few important issues, we can create a better future for Chinatown."

A community celebration of the newly released Chinatown 2000 community plan will be held at the Quincy School Cafeteria on Tuesday, June 26, at 6:15 pm.

Chinatown Cleaned Up

On June 9 from 8 a.m. to 12 p.m., between 200 and 250 people gave the community a thorough spring-cleaning. The City of Boston Neighborhood Services Asian Liaison Jadine Soo Hoo helped coordinate the event with Chinatown Beautification Committee members Bill Moy, Frank Chin and Paul Lee. The committee has been holding annual clean ups for well over a decade. Various City departments were out lending a hand. The Public Works department provided tools and other supplies as well as street sweepers, MAD Vacs (large vacuum cleaners), trucks



Tools of the Trade. After being employed by nearly 250 people on June 9 for the Chinatown Clean Up, the brooms await retrieval by members of the Public Works Dept.

for trash removal, graffiti removal supplies and power sprayers to degrease the sidewalks. The Boston Water and Sewer Department, the Fire Department and the Police Department contributed time and resources to the effort, too. The participants cleaned up both the business and residential areas of the neighborhood.

"It was good to see different groups from the community join together to clean their neighborhood," said Soo Hoo.

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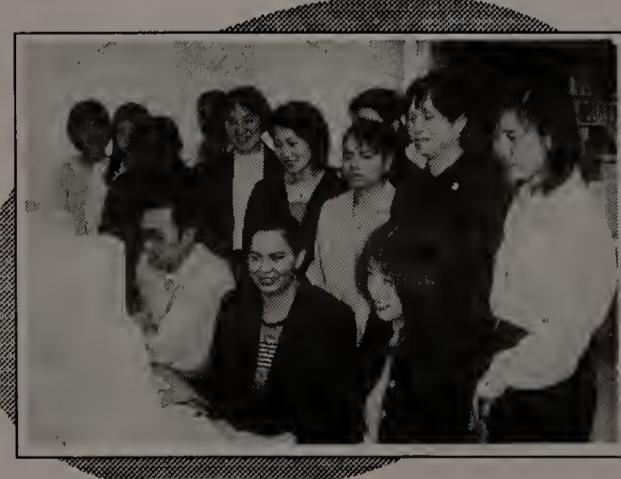
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COVER STORY

Innovative Program Comes to Chinatown

Harmony House will Help Residents with Mental Health Problems

By Anita Chang, Translated by Hui Gao

Harmony House, the temporary name for the Chinatown Clubhouse, may be coming soon to Chinatown. Its mission will be to help mentally ill Asian American patients to regain self-confidence and acquire social and vocational skills through the supportive atmosphere of Harmony House and active participation in it.

Dr. George Hsu, director of Asian Mental Health Department in New England Medical Center came up with the idea to start Harmony House. Hsu is also the director of Harmony House Planning Group, and Nelson Wong, LICSW, MPH, is the plan coordinator. Currently Harmony House is in the promotional and educational stage, so it can assure an accurate perception of it within and wide acceptance by the Chinatown community.

Wong discussed with Sampan the operational content of Harmony House and the benefits it can provide to patients with mental health problems.

What Is the Meaning of "Harmony House"?

Harmony House will be an organization of mutual support. It intends to help the mentally ill integrate successfully into society after they leave the hospital, and to help them become independent economically and socially.

"We treat the participants in the Harmony House as independent respectful individuals. That's why we do not call them patients, and there are no doctors in the club to do medical work. Harmony House is an organization devoted entirely to work and training. Because participants are members, they participate fully in its operation and the training of the members. The club emphasizes the development of the members' talents and abilities," said Wong.

"Our plan believes that even people with the most severe mental illness can live a productive life if they were in an accepting, supportive and nurturing environment and are provided with proper opportunities and efficient work instructions."

Harmony House's Operational Content

Harmony House will be open Monday through Friday, from 9 a.m. to 5 p.m. This mirrors the common business day, so members will lead a life that's in sync with society. Members and staff of Harmony House will work together to operate the club, which includes administrative duties, planning and research work, admission and training of new members, member contact, staff recruitment and evaluation, public relations, and promotions.

Working at the club will not be a service provided to the members, rather, it will be an opportunity for them to provide services to their fellow club members. The change of the role—from service recipient to provider—will convey to the members an important message: they are not patients nor customers, rather, they are capable people who are needed. Harmony House, when in smooth operation, will owe that to its members' efforts.

The Employment Plan

Harmony House will stress helping its members obtain a normal paying job in a mainstream work environment. Once the members thrive and gain confidence in their club participation at Harmony House, they can choose to continue learning in the clubhouse or return to a paying job outside the club. The employment plan in Harmony House will have the following four stages:

1. On-site employment. This will include administrative work, planning and research, admission and training of new members, staff recruitment and evaluation, public relations, and promotions. These will be non-paying jobs that allow the members to develop

job skills and opportunities to serve other members.

2. Transitional Employment. Through the clubhouse, members may participate in the transitional employment plan that finds a position for them in a local business or corporation. The plan contains the following characteristics:

* The primary factor in deciding a member's employment options will be whether he or she has the intention to work.

* Placement opportunities will continue to be available regardless of success or failure in a member's previous job.

* Members will work at the business' or corporation's location.



Nelson Wong

* Employers will pay members based on the market rate, never less than the minimum wage.

* Transitional employment placements will be drawn from various work opportunities.

* Transitional employment will be part time, members will work 15 to 20 hours per week for 6 to 9 months.

* Harmony House will provide pre-work training for the members. It will be Harmony House's responsibility to choose and train workers, not the employer's.

* Harmony House members and staff will be responsible for writing reports on their transitional employment for all appropriate agencies dealing with members' benefits.

* Harmony House members and staff, not transitional employment experts, will be in charge of the transitional employment plan.

* Harmony House will not have transitional employment positions. Transitional employment positions must not be set up in Harmony House (Jobs within Harmony House are mainly non-paying).

3. Employment Tutoring. Harmony House will help members stay stable and keep their jobs. It will provide the working members with regular consultations and help. For example, Harmony House will mediate between members and their employees to resolve any disputes, and will provide further skill training to members.

4. Independent Employment. Members at this stage will be able to handle their own jobs completely, but they will be able to request assistance from Harmony House based on their individual needs. The requested assistance can be in the areas of benefits, housing, medical and legal matters, personal matters and participation in the club's evening and weekend activities.

The four stages are based on the degree of Harmony House' involvement. The purpose will be to make sure that members will be able to find jobs that are appropriate for them based on their own individual ability, and eventually to attain independence. Harmony House will also provide other types of complete job services. For example, it will help members

look for job opportunities and upgrade their job skills.

Services for the Community

Harmony House will provide its members with a complete set of case management and direct community services. This includes supplying entitlements; advocacy; housing assistance; and assistance with medical, psychiatric, legal, financial and personal needs. Members will often share the responsibilities of the club staff. For example, one might accompany another member to do work in the community.

Night and Weekend Programs

Group entertainment programs to be planned for night, weekends and holidays will meet members' social and entertainment needs. Members will be able to enjoy pleasant social activities, including art programs, photography, playing chess and board games, and Karaoke. This will also provide one way for the members who will have been hired by businesses (at the independent employment stage) to keep in touch with Harmony House.

If members encounter emergencies or unexpected problems, like loss of employment or a relapse of mental health problems, Harmony House will provide assistance by arranging new employment or referrals to medical institutions for treatment. The relaxed atmosphere and open nature of the night, weekend and holiday programs will make it easier for members who have stopped going to Harmony House to return.

Clubhouse Newsletter

The clubhouse newsletter will be an important communication medium for members because it will report on the work and activities in the Harmony House. Moreover, members will have the opportunity and space to share their experiences with Harmony House, as well as their stories of success or failure.

Outreach Program

Outreach will be done by both the staff and members of Harmony House. But it will be more meaningful for the members, because they will be able to notice if a member is missing. They will also have sources informing them if a certain member has gone back to the hospital for treatment. Contact between members conveys an important message: that absent members not only need to return to the club, but they are also cared about and missed, and that Harmony House will provide necessary assistance.

Why Does Chinatown Need Such an Organization?

According to 1990 United States census, Massachusetts' Chinese population was 52,792. Half of them reside in Boston, and 7% of them live in Chinatown. Chinatown is the economic and cultural center of the Chinese American community in the greater Boston area. Ninety percent of the 4,000 residents in Chinatown are Chinese, and half of them came here from overseas over the past five years.

It is estimated that Harmony House will have 1,000 members. Out of the 1,000 people with mental health problems, half will seek professional care, while the other half will seek their own private doctors.

It is generally accepted that the following three factors will be obstacles to providing services to promote mental health in the Chinese American community:

- There are doubts over the effectiveness of the mental health services provided by psychiatric clinics.
- There is the belief that such treatment methods

Continued on p. 4

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200 Tremont St., Boston, Mass. 02116
(617) 426-9492; Fax: (617) 482-2316

English Editor: Eric William Schramm
Chinese Editor: Anita Chang
Marketing Director: Evelyn Tang
Design & Layout: Eric William Schramm
Typesetting/English Ads: Georgianna Tam
Typesetting/Chinese Ads: Adeline Cheng
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COVER STORY

Innovative Program, Continued from p 3.

are non-mainstream or not direct. Many Chinese Americans believe that mental health problems are the result of physical illness, so they seek medical treatment for physical problems first. Seeking professional help for mental health problems is always their last choice. Because of this, those patients who finally go to seek professional help always have worse problems than white people who seek the same kind of help sooner.

3. In order for mental health services to be effective, it has to be provided in the patients' native language. The fact that there are a variety of languages and dialects among Chinatown residents makes it more difficult to design and promote mental health services. Currently there are not many doctors who are fluent in Mandarin or Cantonese.

Yet, the above reasons make it appropriate to establish a clubhouse in that can promote mental health in Chinatown.

Harmony House and the International Standard Clubhouse Model

Information about the International Standard Clubhouse Model has been widely distributed to help improve the quality of life of mental health patients and to help them recover from serious illnesses. Many studies about the model have been conducted and the results published in professional journals. These studies show that International Standard Clubhouse Model, compared with other models to promote mental health, is more effective in helping patients return to work and society. It not only helps the members, particularly minority members, find and keep a job, but it can also motivate those who have trouble looking for a job.

A Model Acceptable to Asian Communities

Compared to numerous other models which promote mental health, the International Standard Clubhouse Model is the one that's the most acceptable to the Asian community. This is so because it stresses mutual support and help among members, which is how groups form and evolve in the Asian community. Moreover, the model emphasizes mental recovery through working, which fits with the Asian value of improving the mind through productive work. Thirdly, the emergence of case management further makes the model acceptable, because it is designed through the cooperative work of staff and all members for the purpose of benefiting the members.

This model also does a good job of introducing the mental health program to the potential clubhouse member. This is important because members are not required to show their diagnosis reports or medical treatment results before they are accepted into the club. This way, members will not see themselves as patients.

The International Standard Clubhouse Model does not vary based on the individual's physical and mental illness. Rather, each member keeps receiving outside medical treatment which he/she is familiar with. This means that the International Standard Clubhouse Model can work simultaneously with other ways of treating mental health problems.

Current Reactions from Boston's Chinatown Community

Important organizations and leaders in the communi-

ty have reacted well to this plan so far, and have basically reached consensus on building the Harmony House. Dr. May Kwan-Lorenzo, who has been working in the field of psychiatry in Boston for 25 years, sees Harmony House as being important to the local Asian American community.

"Although Massachusetts already has similar institutions, they do not meet the needs of the mentally ill population in the Asian community. The barriers created by Asian languages and cultures need to be recognized and broken," said Kwan-Lorenzo. "There are many patients in the Asian community who just recovered from their mental illness but still have trouble dealing with the pressure of living back in society, not to mention accessing channels through which they could get help to get mentally prepared for returning to work. Harmony House, which fits with the International Standard Clubhouse Model, is much needed."

Greater Boston Chinese Golden Age Center's Ruth Moy expressed that she had attended several of the Harmony House Consensus Building Group meetings. She said she feels deeply that building Harmony House is a very good idea to help Asians with mental illness return to their jobs.

Ricky Moy of the Chinatown Business Association has received information on the development of Harmony House. Even though he has not had time to attend the group meetings, he has been following the event because of his personal interest in the topic. He is also optimistic about the functions of Harmony House and the benefits it will bring to the community.

Clubhouse Model Is Appropriate for a Population with Diverse Cultures and Languages

Lastly, the International Standard Clubhouse Model also fits well with a population that has diverse cultures and languages. Based on the theory of mutual help and support, members in the Chinatown community will be able to utilize their multi-lingual and multi-cultural backgrounds to help members communicate with the staff or other members. This will not only strengthen the internal communication within Harmony House, but it will also provide safe and effective communication with the external media.

Because Harmony House is still at the first stage of planning, it is doing five things to educate residents of Chinatown and Asian American organizations about the model and to build a consensus to start building it, according to Nelson Wong.

1. Harmony House has established a Consensus Building Group, which includes Chinatown leaders.

2. The aforementioned group is working out measures that will help reach the consensus among those involved.

"We are working to make sure that the club

meet the needs of the community," said Wong.

3. The group has been documenting and recording the work that already has the consensus of the community.

4. The group is also evaluating the efficiency of the consensus building in pursuit of the goals of the plan.

5. Finally, the group is exploring practical ways to develop and make progress toward the realization of the plan. The group is actively seeking possible funding sources and a possible future location for Harmony House.

The Consensus Building Group holds meetings on every fourth Tuesday of the month. So far, six meetings have been held.

"Based on the evaluation by group members, we expect that the first stage goal--which is to build consensus in the community--will be achieved as planned," said Wong.

Funding

Substance Abuse and Mental Health Administration (SAMHSA) has already provided \$150,000 to Harmony House for the expenditure of its first stage of work that will take place from September 1, 2000 to August 31, 2001. SAMHSA might also provide the next \$150,000 for Harmony House' second phase, if the first phase goal of consensus building is reached. The second phase will involve starting to plan the clubhouse and raise money for the third stage of work.

Harmony House will need at least \$300,000 to pay for the four full-time staff members that are required. Part of that funding could possibly come from the \$150,000 that might be provided by SAMHSA for the second phase. The rest will hopefully come from the State government and private donations.

"We have reached the goal of the first phase, that is, the consensus of leaders of important organizations in the Chinatown community," said Wong. "Next we will use publicity materials, the various media outlets, and important meetings in Chinatown, including the Chinatown Neighborhood Council meetings and Chinatown municipal hearings to promote this plan to Chinatown community residents, so we can get more input and support. This will help us raise funding and dissipate doubts over the club."

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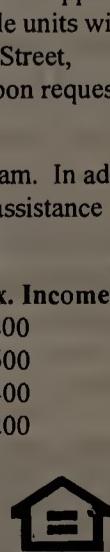
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LOCAL

Power-One Workers Demand Better Severance and Overtime Pay

By Eric William Schramm

Still wearing their blue work smocks, over 100 Power-One workers walked a picket line on Thursday, June 7, which stretched the length of the company's Linden Street building in Allston. The workers, who were joined by members of the Chinese Progressive Association (CPA), were protesting against what they view as unfair treatment. The majority of the plant's nearly 225 manufacturing workers (of which more than 150 are Chinese) will be laid off in July. The rest will lose their jobs when the plant closes in September.

The workers chose to picket last Thursday because of Power-One's lack of response to their five demands: 1) improved and equitable severance and bonus packages; 2) packages awarded according to seniority; 3) no cutbacks in five sick days; 4) full payment of earned overtime; and 5) a full three months of continued health coverage.

They were also protesting against threats that the company's management allegedly made to the workers during a meeting between the two sides on May 21.

Prior to that meeting, workers staged a one-hour work stoppage. Later, when they met with company officials to air their grievances, the workers claim that they were threatened with termination, arrest and revocation of their severance package if they continued to complain.

"In the meeting, they said if you don't like what the company does, then you can put your [identification badge] on the table," said a worker, who was one of the five representatives at the meeting. "And, they said if you leave, you won't get severance, unemployment insurance or bonuses."

Thursday's picketing proved to be partially successful. Lydia Lowe, executive director of the CPA, announced to cheering workers that the management had agreed to their demand to reinstate five sick days, instead of three as initially offered by the company. Power-One management also agreed to meet on June 8 with all 18 of the workers' representatives, instead of just two as they had previously decided. Because the workers are not unionized, Power-One is not required by law to negotiate with the workers.

Although there are no legal standards by which severance packages are determined, a common standard is to reward seniority and/or quality of work. The workers laid off in July will receive two to four weeks of pay depending on how long they worked at the factory. The workers primary objection to the severance package is that those who remain with the company until it closes will get the two to four weeks of severance and an additional four to six month bonus. Workers claim that the bonuses are based on favoritism.

"[Management] is keeping people who they like. It's not based on job performance. Whoever brown-noses will stay," said a worker at the demonstration.

The workers also said that they have not been paid the full time-and-a-half for overtime, and, in some cases, were not paid overtime at all. The workers said they have been receiving full overtime for two months; however, before that period, they claim that they did not always receive overtime during the week--they generally work 70 to 80 hours a week--and, when they worked on the weekends, they only received time-and-a-quarter.

On June 8, the management, the workers' delegation and CPA's Lowe met with Gary Kenefick, a director of human resources for Power-One, to discuss the workers' concerns. According to Lowe, Kenefick stated in the meeting that management was investigating the allegations of unpaid overtime. At the same time, workers at the meeting told Kenefick why they wanted equal and fair severance and bonuses.

"[The workers] said it was unfair to give some people better bonuses," said Lowe. "They said that they worked hard for Power-One and deserved more and that it would be different if the company were bad off, but with a successful company, why not help out?"

According to industry projections, Power-One is not expected to hit its revenue projection of \$800 million for this year, although the company should see \$690 to \$720 million in revenue growth.

During that same June 8 meeting, Kenefick outlined the manner by which the company determined which workers it would keep. Kenefick said four key determinants were the following: 1) hire date; 2) product knowledge; 3) the ability to translate product knowledge into documentation; and 4) specific skills related to certain products.

So far, only 29 employees have met the criteria, according to Lowe.

"He described a rational criteria, yet the workers

don't see this as actually being the case," said Lowe. "They've been told by supervisors that if they like them, they will stay."

Kenefick said that he would look into the allegation



Walking the Line. Power-One workers and supporters protest outside the company's Allston plant on June 7.

of favoritism, as well as compare the workers' severance packages with those given to employees of a Power-One factory that is being closed in Irvine, California. Kenefick stated that the lay-offs at the Allston factory are not an isolated incident but that other Power-One plants had laid workers off too.

Power-One responded to the worker's demands on June 11. They offered no additional severance beyond the two to four weeks based on seniority, no additional bonuses, and no more than the five sick days already offered. They did increase the health insurance from two to four weeks to a full month beyond coverage for the initial severance period, according to Kenefick. Depending on the severance package, some workers could receive up to two months of health insurance. However, Power-One's health insurance offer conflicts with Massachusetts law.

"In Massachusetts, we understand that with plant closings, there is a legal standard of providing 90 days of continued health insurance," said Lowe. "Power-One is even choosing to fight that. They claim that the plant closure law doesn't apply to them because the factory is closing, not the company. This is a legal dispute that will have to continue, but Power-One could do the right thing and continue the 90 days of coverage."

According to Kenefick, Power-One's severance package is the same used throughout the United States, and it will not be changed for the workers at the Allston plant. It is the same severance package that Power-One workers in Irvine have received. "We think our motivation has been honorable. I think what we are offering is appropriate," said Kenefick.

Power-One has pledged to investigate and pay any unpaid overtime. "I've asked people here to look through the payroll data. If we can verify it, we will rectify it immediately," said Kenefick.

Unsatisfied with the company's response, the workers picketed the plant again on June 12.

"Power-One is a global company that is doing well financially and can afford to do better. It doesn't seem like the management cares about these workers," said Lowe.

The allegations of workers being threatened have been brought

to the attention of the Greater Boston Legal Services (GBLS), and it has filed two unfair labor practice charges with the National Labor Relations Board (NLRB). The first charge addresses the alleged threats of termination, arrest and denial of severance because the workers asked for better treatment.

The second charge claims that an employee was unfairly suspended. Power-One claimed the grounds for suspension were that the worker, who was reinstated after nearly a week-long suspension, had threatened a team leader in the plant, according to Cyndi Mark, an attorney in the GBLS's employment unit, who also noted that the worker denies the allegation. Other workers believe that the suspension was a scare tactic.

Power-One has issued a notice stating that it recognizes the worker's legal right, assured by the National Labor Relations Act, to organize, bargain collectively and act together for mutual aide or protection. Additionally, the notice stated that the company would not threaten, coerce, or deny benefits to the workers engaged in the protected activities, according to Mark.

"I'm pretty confident that if the NLRB investigated, they would find that the threats were made and the act was violated," said Mark. "Many workers heard the threats made by a manager at Power-One."

Besides the allegations of unfair severance packages and unpaid overtime wages, a larger question looms over the workers' heads: What will they do once the factory closes?

"We don't know English. We don't know what we will do," said a worker at the demonstration.

Kenefick said that Power-One would look into what can be done for the workers. He noted that the company gave the workers a 60-day notice to prepare for new employment. Additionally, Power-One may invite Commonwealth Corporation's Rapid Response Unit to meet with the workers to explain their options for future employment and retraining.

The workers who spoke to the Sampan seemed to be frustrated by the situation. "We worked really hard because we thought it would be good for us and the company. But, now, we see working hard is good for the company, but not for us," members of the protesting group said through an interpreter. "If everyone got more, it would be OK. But, it's so unfair, it's hard to swallow."

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This information is subject to change. We are not responsible for errors or omissions.



CALENDAR

June 15, 2001

Letter to the Editor

May 17, 2001

Dear Editor,

I read Helen Wong's letter about her experience at the Boston Redevelopment Authority (BRA), and I wanted to continue the conversation with readers of Sampan. Her story raised many concerns, and we have investigated it as we would any complaint. I welcome hearing those complaints, and I invite readers to address them directly to me in the future.

I was disturbed to learn of Ms. Wong's experience at the BRA, and want to ensure all of your readers that one person's inappropriate remark does not represent the views or attitude of the agency. Neither the staff of the BRA nor I condone racial, ethnic or gender-based remarks. They will not be tolerated and have no place at the BRA.

Always proud of our diverse city, several months ago we formed an internal "think tank" on cultural diversity and competence within the agency. This group is helping us develop new approaches to staff recruitment and training, including diversity training. The BRA is also developing new policies and resources for language translation, a crucial element in building bridges in Boston.

I welcome your help as we work to involve all Bostonians in the balancing act of building our common future.

Sincerely,
Mark Maloney, Director
Boston Redevelopment Authority

NOTICES

Volunteer Opportunity. The Horizons Initiative is seeking volunteers to play with homeless children living in family shelters and battered women's shelters. A commitment of 2 hours per week for 6 months is required. Daytime and evening hours available. Applications are due one week prior to training. Please call 617/287-1900 for more information and an application, or visit www.horizonsinitiative.org.

Summer Jobs for Youth. Action for Boston Community Development wants Boston youth—ages 14 to 21—to sign up as soon as possible for its 2001 Summer works Youth Employment Program. To find out more information about this opportunity and how to sign up for a summer job, visit your local Area

June 18 (Mon.) 6pm: The Chinatown/South Cove Neighborhood Council will hold its monthly meeting at St. James Church, located at 125 Harrison Ave.

June 18, 25 & 27 (Mon., Mon. & Wed.) 9am: The AACAs will hold tests and registration for the Adult ESL Program. The classes will begin on July 5 and will be held Tues. to Fri., 8:30-10:30am. There is a \$10 registration fee. Tuition is \$250 for 12 weeks. For more info, call the AACAs at 617/426-9492.

June 20 (Wed.): The Yee Fung Toy Association of New England announces that applications for tuition assistance for eligible members of the Yee Family Association enrolled in a Chinese language school will be available. The deadline is June 20, 2001. For an application or more info, please call the Yee Fung Toy Assoc. at 617/338-8179.

June 21 (Thur.) 10:30am: The AACAs, located at 200 Tremont St., Boston will host a community workshop about "Summer Safety Tips for Families." The speaker, Julie Longworth of the Asian Health Collaborative will offer tips about how you can have a safe, enjoyable summer. Discussion topics include: skin protection, food safety, water safety, and overall well-being during the hot, sticky months ahead. For more info, call 617/426-9492.

June 21 (Thur.) 2-4pm: The Lowell Institute Asian American Forum in conjunction with the Institute for Asian American Studies at UMass-Boston and the Asian Pacific American Agenda Coalition will present the first of two sessions on Census and Asian American Political Participation Data at the South Cove Community Health Center, located at 145 South St., Boston. The event is free and open to the public. Call Esther Lee at 617/521-6707.

June 23 & 24 (Sat. 7:30pm & Sun. 3pm): The American Chinese Art Society (ACAS) will sponsor the 15th Hai-Hwa Chinese Dance Festival. The even t will be held at Boston Univ.'s Tsai Performance

Planning Action Council (APAC) or Neighborhood Service Center (NSC), or call ABCD at 357-6000 x7575.

City Cultural Calendar. The Mayor's Office of Cultural Affairs is collecting information on fall events produced by Boston's small and midsize cultural organizations and businesses. Deadline for submission is July 13. Please contact

Elizabeth Boocock at 617/635-2438 or elizabeth.boocock@ci.boston.ma.us.

Vols Needed. Cambridge Cares About AIDS is seeking volunteers to help out at their Front Desk from 1-5pm. Commitment through Aug. is required. For info, call Jamie at 617/661-3040 X13.

Center, located at 685 Commonwealth Ave. Tickets are \$15. For more info and to order tickets, call ACAS at 617/332-5376 or 781/938-9900.

June 26 (Tues.) 6:30pm: Don Lee, author of "Yellow," will discuss his book at the Downtown Crossing Borders bookstore. For more info, call AARW's Susan Chinsen at 617/557-4995.

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The Treasury Division of the Brookline Finance Department is seeking an individual with excellent office skills who enjoys working with numbers and problem solving, and who is familiar with word processing and data entry. The successful candidate must have strong communications skills and the ability to work with the public in situations that require sensitivity and tact. Must thrive in a busy environment and be able to handle a variety of tasks. Salary is \$581/week with excellent benefits. Send resume and cover letter by June 28, 2001 to Town of Brookline, Human Resources Office, and 333 Washington Street, Brookline, MA 02445.

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NOTICE OF CO-OWNER
REQUEST FOR PROPOSALS

The Washington Heights Tenant Association is seeking a person or entity to share in the ownership of Washington Heights Apartments, a 175-unit development located at various locations in Dorchester and Roxbury, Massachusetts. This development is included in a program known as the Demonstration Disposition Program under which the Department of Housing and Urban Development designated the Massachusetts Housing Finance Agency to carry out the rehabilitation and disposition of approximately 2,200 HUD-owned units in eleven developments in the Roxbury, North Dorchester and Lower Roxbury neighborhoods of Boston.

The criteria by which the co-owner will be selected are outlined in the Request for Proposals (RFP). A copy of the RFP may be obtained by downloading the RFP posted on the MHFA web site www.MHFA.com. Interested Applicants are encouraged to attend a pre-proposal conference which will be held on Thursday, June 21 at 9:30 a.m. at the following address:

Washington Heights Tenant Association
69 Ruthven Street, Suite 4
Dorchester, MA 02121

Inspection of the development will not be conducted at any other time. Copies of the RFP will not be distributed at the pre-proposal conference. Please bring your own copy. Ten (10) copies of the final proposals will be due no later than 5:00 p.m. on Friday, July 20 at the offices of the attorney:

Brown, Rudnick, Fred & Gesmer, P.C.
One Financial Center
Boston, MA 02111
Attn: David Bright

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If interested, send cover letter and resume indicating specific position to:
Human Resources Office, Code: SAM 6/15, Wellesley College,
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Applications will be accepted until the position is filled.

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women, minorities, veterans, and candidates with disabilities.

Please visit our website for more detailed position descriptions.

Breast and Cervical Cancer Screening

By Martha Jane Hackett, CNM, and Alice Liu

"CBE? BSE? Pap smear? Mammogram? What are they? I feel fine, why do I need to do anything?"

This is the common response among many Chinese American women when they are encouraged to consider breast and cervical cancer screening.

The Clinical Breast Examination (CBE), the Breast Self Examination (BSE), and mammograms are exams for breast cancer. The Pap smear is the examination for cervical cancer.

Breast cancer is the most common cancer for all major Asian ethnic groups in the United States, except for Vietnamese women, for whom cervical cancer rates are higher. With early screening many cancers can be treated and/or cured at early stages.

Often many Chinese Americans have not been exposed to Western style health education from an early age. They have learned that proper diet, exercise, and herbal medicines can keep a person healthy, and they may go to a herbalist when they feel ill. This can create the illusion that "as long as I am not feeling any pain, there is nothing wrong with me."

A proper health education requires an understanding of breast and cervical diseases and their treatments. The following information was obtained from the National Cancer Institute (NCI).

Breast cancer is a disease in which cancer cells are found in the tissues of the breast. Each breast has 15-20 sections called lobes, which have many smaller sections called lobules. The lobes and lobules are connected by thin tubes called ducts. The most common type of breast cancer is ductal cancer. It is found in the cells of the ducts. Cancer that begins in the lobes or lobules is called lobular cancer.

Hereditary breast cancer makes up approximately 5% to 10% of all breast cancer cases. Several genes have been found to be defective in some breast cancer patients. Besides genetics or family history of the disease, a number of factors appear to be associated with an increase in the risk of developing breast cancer. These factors include: use of hormones, reproductive history, diet, an age of 40 years or older, and exposure to radiation or other cancer-causing agents. However,

many women who develop breast cancer show no identifiable association with these risks.

Cervical cancer is a disease in which cancer (malignant) cells are found in the tissues of the cervix. The cervix is the opening of the uterus (womb). The cervix connects the uterus to the vagina (birth canal).

Cervical cancer usually grows slowly over a period of time. Before cancer cells are found on the cervix, cervical tissues go through changes in which cells that are not normal begin to appear (known as dysplasia). A Pap smear will usually find these cells. Later, cancer cells start to grow and spread more deeply into the cervix and to surrounding areas.

According to the U.S. Department of Health and Human Services, for Asian Americans and Pacific Islanders, the latest age-adjusted annual incidence rate for breast cancer has reached 74.6 per 100,000 persons and for cervical cancer it is 10.2 per 100,000 persons. The age-adjusted mortality rate for breast cancer is 11.2 per 100,000 persons and for cervical cancer it is 2.7 per 100,000 persons.

There are treatments for all patients with breast and cervical cancer. These types of treatments include surgery (taking out the cancer in an operation), radiation therapy (using high-dose x-rays to kill cancer cells), and chemotherapy (using drugs to kill cancer cells). Hormone therapy is also used for treating breast cancer in specific situations.

The two most prominent treatments for breast cancer are lumpectomy and mastectomy. Lumpectomy is the removal of the lump in the breast and some of the tissue around it. It is usually followed by radiation therapy to the part of the breast that remains. Partial or segmental mastectomy is the removal of the cancer as well as some of the breast tissue around the tumor and the lining over the chest muscles below the tumor. Usually some of the lymph nodes under the arm are taken out. Radiation therapy often follows.

For cervical cancer, there are two possible procedures: cryosurgery, which kills the cancer by freezing it, and laser surgery, during which a beam of intense light is used to kill cancerous cells. Other treatments

are available as well.

Many Chinese women are especially hesitant about seeking help for a gynecological problem. The reasons given are many, including being unable to communicate with medical providers, lack of health insurance, difficulty getting time off from work, or embarrassment about issues they are too modest to discuss.

The Massachusetts Department of Public Health's Massachusetts Women's Health Network program provides free breast and cervical cancer screening and diagnostic services, and health education services to low income, uninsured women at over 90 locations across the state. South Cove Community Health Center (SCCHC) is one of those locations. SCCHC has bi-lingual providers or interpreters to help women communicate.

SCCHC has been participating in a grant project from the Association of Asian Pacific Community Health Organizations that explores barriers to Asian women getting breast and cervical cancer screening. SCCHC is committed to breaking down whatever barriers are keeping women in this community from getting the screening they need.

For more information, please call Christine Chen at (617) 521-6855 or Irene Li at (617) 745-7712.

Massachusetts Asian AIDS Prevention Project, an Asian and Pacific Islander community-based organization that promotes health, HIV/AIDS Prevention, sexuality awareness, and access to care through education, advocacy, and technical assistance is seeking a Youth Health Coordinator.

Youth Health Coordinator is responsible for implementation of AZN Pride. API Youth Program. He/She with:

- Serve as a liaison to promote HIV prevention and access to health services in Asian & Pacific adolescent communities.
- Oversee 4 Peer Leaders.
- Create Youth friendly environment.
- Coordinate & facilitate groups & coalitions.
- Conduct prevention education programs & workshop for API peer educators, parents of teens, and providers of API youth services.
- Strong Advocate & Ally for Gay, Bisexual, Lesbian, Transgender, Questioning Youth.

Send resume & cover letter:

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AA/EOE

HEALTH

Health Now! Proposes Tobacco Tax to Expand Health Care

By Marcia Hams and Denise Lau, Health Care For All

Lower wage workers who are uninsured. Immigrants who can't get the care they need. Smokers who can't afford the treatment to quit. Nineteen and twenty year olds who are no longer on their parents' insurance. "Seniors" nearing 65 who are uninsured. Seniors and disabled people who can't afford prescription drugs. What do all these people have in common?

They will all see big improvements in their lives if the Health Now! Massachusetts Bill filed on December 6, 2000 becomes law. This landmark legislation will raise the tobacco tax by 50-cents to expand health coverage to over 75,000 people in Massachusetts and to improve health benefits for many more. Lead sponsors of the bill are Representative Rachael Kaprielian, Chair of the Legislative Tobacco Caucus; Senator Mark Montigny, Chair of Ways and Means; Senator Linda Melconian, Senate Majority Leader; and Senator Richard Moore, Chair of the Health Care Committee, and over 40 other representatives and senators are co-sponsors.

The Health Now! bill was crafted by a broad statewide coalition and spearheaded by Health Care For All, the American Cancer Society and the Massachusetts Medical Society. The coalition now includes over 55 groups.

This new effort is a natural extension of the successful 1996 campaign to pass Chapter 203, which raised the tobacco tax by 25 cents to expand health coverage and benefits for 250,000 Massachusetts children, adults and seniors. Despite those gains, however, more than 400,000 Massachusetts residents remain uninsured, most of them working. While only 3 percent of children are now uninsured, 6 percent of Massachusetts residents overall are uninsured, and 18 percent of adults with household incomes under

\$28,300 a year for a family of three are uninsured. Latinos are three times as likely to be uninsured, and African Americans two times as likely.

If passed into law, the Health Now! bill will expand health care coverage and provide community-based outreach. In addition, it will lower the rates of tobacco-related diseases for people in low income and minority communities and youth. These groups suffer most from lack of health insurance, have high health needs, and are targeted for advertising by the tobacco companies. According to the Massachusetts Tobacco Control Program of the Massachusetts Department of Public Health, the tobacco industry targets marketing of tobacco products in low income, minority areas and in areas near schools. Our community is disproportionately effected by marketing of the tobacco industry.

"Over 10,000 people die prematurely every year in Massachusetts due to smoking," said Lori Fresina, Regional Director of the American Cancer Society. "This legislation will decrease that number because we know that raising tobacco prices is the single most effective thing we can do to quickly reduce tobacco consumption, especially among youth."

The Health Now! Coalition is also part of a six-state initiative called the Alliance for a Healthy New England. It hopes to create a 50-cents hike in the tobacco tax in all six New England states to pay for expanded health care access and anti-smoking programs. Each state is using the money from the tax to expand tobacco cessation programs and to address health access issues, based on that state's unmet needs. This regional effort is the first of its kind in the nation and is already gaining momentum. By raising the tax in each state, there will be no "border problems" since differences in prices will remain the same. Our neighbors to the North (Canada) and Southwest (New York) already have higher tobacco prices.

In Massachusetts, the Health Now! Massachusetts Coalition proposes to use the proceeds from the new tax and federal matching Medicaid funds to address three broad goals:

1. Expand health care coverage and benefits

* Expand MassHealth to parents up to 200% of the federal poverty level (\$28,300 for a family of three).

* Expand MassHealth to 19 and 20 year olds up to 200% of the federal poverty level (\$16,700 for an individual). This is already available to children under 19.

* Provide a program of physician and other outpatient care to adults up to 300% of the poverty level (\$42,450 for a family of three) who will not be eligible for MassHealth either because of income level or citizenship status. They would continue to receive their hospitalization through the hospitals' Free Care Pool.

* Provide smoking cessation benefits in public programs.

* Stabilize the drug program for seniors and people with disabilities by seeking federal matching funds.

2. Invest in public health

* Provide new funding to expand the supply of community health workers in communities throughout the state, especially in minority communities, to improve health education and link people to health coverage and care.

* Improve access to primary care and prevention through the expanded health coverage.

* Reduce racial and ethnic disparities in health.

* Reduce smoking by increased cigarette pricing and by providing treatment for smoking cessation.

3. Stabilize health care providers that are critical to their communities

* Help eliminate the shortfall in hospitals' Free Care Pool in order to protect hospitals that depend on it for payments and patients who depend on it for care.

* Include necessary rate increases for MassHealth in the estimated costs of the new access programs.

Have your community join the Health Now! Massachusetts campaign! You can help by contacting your state legislators and tell them that you would like them to support the Health Now! bill. This bill would decrease tobacco use and related diseases in your community. If you do not know who your legislators are, you can call 1-800-462-VOTE(8683) to get their names and State House telephone numbers.

For additional information, contact Marcia Hams at Health Care For All at (617) 350-7279 x2917, or Steve Shestakofsky at the Massachusetts Medical Society at (781) 434-7220. Or visit www.healthnowma.org.



T.C.M. Rejuvenation Center

195 Mt. Auburn Street
Watertown, MA 02472

Tel: 617-924-9371 Fax: 617-926-6144



T.C.M. Rejuvenation Center is founded by Chun-chi Zhu in June of 2001. Its purpose is to introduce and provide health care services using traditional Chinese medicine (T.C.M.). Ms. Zhu is a licensed acupuncturist and traditional Chinese herbalist who had practiced for 20 years before leaving China in 1994.

Alternative medical services, Tui Na, Massage therapy, medical Qi Gong healing arts will be offered in the Center.

Classes are also available on Yoga, Tai Chi, Qi Gong, Pilates and Flexibility.

Specialized Group Treatment with low cost will be offered every Thursday at 7:30pm-9:30pm, starting from June 21, for common medical issues including menopause, insomnia, headache, depression, IBS....., please call for details.

Workshops are coming in July on "Tone Up Your Body On

The Mat and Reduce Your Food Carvings With Acupuncture" and "T.C.M. Facial Rejuvenation"

Reports from the Patients

"I initially went to see Chun-chi Zhu in August of 1997 because of pain from a torn rotator cuff tendon.... With her treatment, I have gotten all of my range of motions back and now I suffer virtually no pain in ordinary activities." Nancy D. Richard, Associate Dean of Ministry

"After two miscarriages, I was concerned about my ability to have a normal pregnancy. Chun-chi treated me with acupuncture and Chinese herbs. My husband took herbs as well.... I am now six months pregnant....I recommend Chun-chi highly!" Suzann Archiba, Artist

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Services are subsidized by the Commonwealth of Massachusetts.

設的醫學中心、美國防癌協會等。若是從醫生而來的資訊，要求追縱的證據。外科醫生總是覺得開刀最有效；放射治療師覺得放射治療會有幫助。考慮好在這些醫療偏見中作決定之前，向各方的專家尋求意見。

考慮實驗醫療

實驗醫療就是醫學院學生在實驗新的醫療方法是否比舊的治癌方法有效。接受實驗醫療不僅幫助癌症醫療界往前更邁向一步，也是確保你接受最新的醫療方法。「目前美國只有百分之三的癌症病患接受實驗醫療。這個數目必需要提升好讓顧慮醫療界往前更邁向一步」美國癌症協會的董事Anna D. Baker作以上的表示。假如你對實驗醫療有興趣可上網查詢：

www.emergingmed.com

尋得支持

Hinestrosa建議病患走出來，並尋求情緒上的支援。「不只尋求身體方面的醫療，也要尋求心理上的支持是很重要的。假若你的整個人都被照顧到，在作決定或適應這決定的結果都是很有幫助的。」

假如你對參加癌症支援團體有興趣，可以向你所在當地的美國防癌協會(American Cancer Society)聯繫或查詢www.cancer.org網站。

持續的參與抗癌

Hinestrosa建議癌症生存者能持續有某些程度的加入抗癌活動中。「這樣的抗癌活動能讓你的意見作為醫療研究的參考。」Hinestrosa現在是一個非盈利的抗癌組織Nueva Vida的執行主任。

Nueva Vida提供支援團體

Simmons表示「幫助其他的病患是我因戰勝疾病的一種感恩行動」。他試著去尋找前列腺癌的資料的經驗讓他打開眼界——一般公眾所能及時得到的癌症資料索取管道是多麼地缺乏。Simmons小投身美國癌症協會的癌症研究，並寫書、演講、上電視以提升大家對癌症危險及因應行動的認知。

永遠不要放棄希望

一個好消息就是根據研究有百分之五十以上的癌症患者都能存活五年以上。專家們一致認為在將來的近幾年，癌症醫療將在基因治療方面往前更邁向一步。以前人們總是將癌症視為死刑，如今，卻有一句激勵人心的話：「你有癌症，但我們可以一起戰勝牠！」（節錄自波士頓環球報）

夏季打工問題

許可以籌措上大學的費用。國家職業安全及健康研究機構(National Institute for Occupational Safety and Health, NIOSH)的小兒科醫師Larry Jackson博士表示：「但根據研究資料顯示，這種臨時的兼職工作可能將孩子置放在危險的環境中。與年長的工作者比較而言，年輕的工作者有較高的機率，在工作時受傷。」。

他們完全不熟悉的環境下工作，幾乎沒有受過必要的安全訓練，也沒有對他們可能受傷的危險機率做適當的評估。在燒燙傷的事件中佔很大比率的族群是十五至十七歲的青少年，是年齡較長之工作者的一至十倍。事實上，燒燙

潔劑、油漆、溶劑、膠氯化合物都是較常導致工作場所中受傷的物質。汽車服務及零售業是容易導致這些意外傷害的工作場所。

給父母的建言

在孩子工作的選擇上做積極的參與，跟孩子好好談談在孩子工作的類型、工作能否提供安全訓練，及督導確定你的孩子在工作時不會運作危險的器具。教導孩子與雇主談有關安全的問題，以確保孩子工作環境的安全。

夏季打工意指「額外的收入」——也許可以籌措上大學的費用。國家職業安全及健康研究機構(National Institute for Occupational Safety and Health, NIOSH)的小兒科醫師Larry Jackson博士表示：「但根據研究資料顯示，這種臨時的兼職工作可能將孩子置放在危險的環境中。與年長的工作者比較而言，年輕的工作者有較高的機率，在工作時受傷。」。

傷和割傷是二十歲以下青少年，在工作場所最常遇到的兩項意外傷害。

其他類型的意外傷害有扭傷、擦傷、瘀傷。大多數的工作意外傷害都產生在服務和零售方面的工作，尤其是速食服務業的環境中。例如青少年不熟悉如何速去處理如委條、炸雞、蔬菜這些食物，導致不小心被油鍋燙傷、或被刀子割傷。

工作環境中的「毒氣暴露」，也是青少年容易面臨的一個危險。一九九一年至一九九六年有七千種工作環境中容易出現的毒氣暴露，約有三百位青少年經歷此傷害，雖然沒有死亡的數據被判為中度或重度傷害的有百分之十六。清

理工作允許的學校工作人員」國家職業安全及健康研究機構NIOSH的流行病學研究者Dawn Castillo作以上表示。舉例，十四、十五歲的小孩不允許在大型倉庫、建築業及交通運輸業方面工作。法律也限制他們所能工作的時數及天數。平均每年有七十位十八歲以下的青少年在零售業的工作場合中喪命。大部分都是在晚上結束營業前遭歹徒搶劫的便利商店或速食商店。另外青少年在車禍中喪生的意外事故都是在從事給客人送批薩或其他運送工作。根據法律規定十六歲的青少年不得開車，十七歲的青少年不得從事需要開車的職業。

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被診斷患癌的對應行動

一般人最害怕聽到的語句莫不過是「你有癌症！」

華盛頓州的Carolina Hinestrosa

第一次聽到這句話時是在一九九四年，當她三十五歲時被診斷患有乳癌。我是那些沒有所謂致癌特質族群中的一人，除了我第一次懷孕是在三十歲之後。我真正的對這樣被診斷為有乳癌的結果，沒有心理準備。在這之後，我的妹妹也被診斷患有乳癌。我才開始知道乳癌在我的家族中運行，是一個家族病。」在經歷乳房切割手術，放射性治療及服用tamoxifen以預防癌細胞復發。

新澤西州的Virgil H. Simmons of Secarcus 在七年前當他只有四十八歲，而發現患有前列腺癌。他是因為朋友的建議而去做前列腺癌試驗，只因他聽說他有一個隱性致病的原因是他是個黑人。而且他有另一個可能致病的原因——當年參與越戰時暴露在橘劑這種致癌物中。我剛開始有一點不理會朋友的建議因為我沒有任何症狀、任何問題，且我自認還年輕，但我仍有一次一般的健康檢查，做了PSA 檢查，竟然發現我患有前列腺癌。

Hinestrosa 和 Simmons 有三個共同點：一為他們都想他們還年輕不會患癌症，一為他們都為這樣的診斷結果震驚，三為他們都選擇去打擊癌症而不是讓癌症打擊他們。這篇文章早在美国癌症研究協會發表過，旨在告訴你為你自己或你身邊所愛的親人，如何面對癌症？

認識這個疾病

根據國家癌症研究機構(National Cancer Institute)現在美國人約有八百四十萬的人患有癌症，是僅次於心臟病的第二大死亡原因，更嚇人的描述是「美國的死亡人數中有四分之一是死於癌症」。美國霍普金森大學(Johns Hopkins University)醫學院泌尿科、藥理學教授Donald S. Coffey

在美國癌症防治協會中發表「癌症零一」。癌細胞是因細胞成長與死亡數目不平衡所造成的，尤其是大量的細胞在某一個地方過量繁殖。假若牠們繁殖而聚集成一個球形，是所謂的良性腫瘤，可以利用手術將牠切除。假若牠們繁殖而擴散成不規則形如長方形，則這就是所謂的惡性腫瘤，這種情況下並不是所有細胞都可以被切除，手術、化學治療、放射性治療、或其他的療法是必須的。癌細胞擴散是因為一些來自腫瘤的細胞藉著血液流通而擴散至身體的另一個部位，而在那一個部位形成另一個惡性腫瘤。

惡性腫瘤可以在身體的某一個部位開始而在某一特定階段擴散至身體的另一部位。例如乳癌常最先擴散至淋巴腺，前列腺癌常最先擴展至肝臟。

調適恐懼的情緒

Carolina 表示「我就是非常的困惑

、無知和害怕。我不想接受化療，因我非常害怕這種療法。因為害怕和無知，我老是站在那個說我沒有必要此種療法的一邊。」

Simmons 表示「那個宣判我有癌症的診斷結果，將我推向極端情緒化、極端自憐的旋渦中」。他開始問自己「為什麼是我？」Simmons 感到十分沮喪而將所有的財產變賣掉而搬到一個熱帶小島。第三個階段，他稱為「倖存階段」(Survive Mode)

「你真的遠離你原本周遭的人、事物，而將焦點完全放在自己身上。你想想著：你就在一個戰場上，你必須戰勝它。」「剛開始你將對你所愛的人及週邊的人感到非常的困難，因為你在那個時刻，你不能感到他們與你的生命有任何關聯。這需要一段時間去調整你的心態，但你若度過這一階段，你將會重新面對你的人生。」任何週邊有癌症的人要預期在前幾個月你身邊的癌症病人會有排斥、打擊你的反應。持續給予他們支持和必要的協助，幫助他們度過難關。

選擇正面的態度

Hinestrosa 反過來應付她的恐懼及

選擇「勇敢面對癌症」，認為為這是一場必要打勝的戰場。在面對第二期的癌症診斷結果，她不再那樣害怕。

「這次，我會判斷周遭的資訊。假如醫生說我不需要化療，我仍會選擇接受化療。但是我會在作這方面的決定的事情上更加謹慎。」

Simmons 在有如雲霄飛車的情緒

波濤中鎮靜下來而勇敢地面對癌症這個戰場，且立志要打勝這場戰場。他也學習如何更珍惜他的生命。「你可以選擇繼續在情緒中痛苦或者非常清醒地面對現實。」「它讓我更珍惜我所活的每一天。很實際的舉動是我不再帶著手錶。手錶老是讓你想知道現在是幾點鐘，而下一步你必須要作什麼事？你想到“下一步”要作什麼，而不是“現在”要作什麼。這個疾病教我要好好過“現在”的每一分、每一秒。」

詢問必須的資訊

Hinestrosa 表示「被診斷為癌症

，是面臨「整個生命被改變」的歷程。而且它要求你必需馬上成為一個抗癌的專家。我鼓勵那些同被診斷為患癌的人們，試著讓自己能抗癌資訊靈通，好讓自己參與醫師診療的決定。

假如你無法從事醫療選擇決定的任務，趕快找一個你所認識的人為你在這方面作決定。」Hinestrosa 在作好決定後，接受化療及放射線治療，並完成第二階段的治療，現在考慮其他的治療。Simmons 決定去接受癌細胞的切除手術。如今已過了七年，沒有發現癌細胞擴散的情形。「這不是一種疾病你可以直接向醫生哀求『用最好的方法治癒好我』。有人多種選擇、治療方式、疾病階段，你需要全程參與。」根據你的生活形態、你想要達成的日標來作選擇。

對於資訊來源要謹慎

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船版

工公不方議廠抗

由華人前進會發起，大約近一百名工人及民衆七日下午聚集於位在奧士頓(Allston)的「Power-One」電子工廠示威，抗議雇主給予不平等的遣散費。這些工人高喊著「要求平等待遇」、「Power-One Unfair」等。據抗議工人表示「七月份將有兩百一十五人將遭遣散，這當中包括一百五十位的中國人。其他的員工也在九月份完全會被資遣。」

Power-One位於奧士頓工廠將於近期內關閉，將在七月被解僱的員工不像九月遣散的員工可有四個月的到半年的額外年假。

(Power-One華工舉牌、吶喊要求廠方平等對待資遣員工。)



- 六月一日舉架山社區學院畢業典禮上舉架山社區學院校長Mary Fifield授予華人華人經濟發展協會主席黃炳繆博士「兩千至兩千零一年度傑出服務獎」，肯定其對建立舉架山社區華埠分校所作出的努力。

- 紐英崙余風采堂資助余式宗親會成員進修中文學校課程，特設獎學金。申請截止日期為六月二十日。詳情請洽(六一七)三三八一八一七九紐英崙余風采堂。

- 華埠社區議會月會，於每月第三週的星期一下午六時，在華埠夏里臣街一二五號天主教堂舉行。

- 波士頓龍舟賽六月十日經過一番激烈的競爭，最後在波士頓區公開組部分，Dudley以兩分二十五秒的成績奪魁，獲得八月份前往紐約參賽的權利。來自加拿大的The Rising Dragon拿下了不分區部分的冠軍。

社區簡訊

• 波士頓市政府議會議員柏琦·大衛·慕倫(Peggy David-Mullen)競選下一屆市長職位，其擬深入亞裔社區聽取意見，柏琦議員

將會把各類意見盡快轉達到波士頓市政府。歡迎亞裔社區各僑團領袖及僑界熱心人士參加。時間為六月十九日星期二下午四時。地點為紐英崙中華公所會廳。聯絡電話為：(六一七)五四二一一五七四。

新煙草稅提升健康保險計劃

及時健康聯盟(Health Now Coalition)提出新煙草稅以提升健康計劃較低的工資無法保障工作者的身體健康，無法得到他們所需要的醫療照顧的新移民者；沒有能力支付戒煙計劃的吸煙者；沒有辦法再依附在父母的保險計劃內的一九歲、二十歲的青少年；沒有醫療保險的進六十歲的老人；沒有錢支付治療處方的老

員的支持。及時健康法案(Health Now!)州議員、Mark Montigny參議員、Linda Moore參議員及其他四十位參、州議員、Melconian參議員、Richard

人及殘障者——這些人的共同問題出在那裏？若有及時健康法案，他們的生命都將有一個極大的改善。兩千年十二月六號所提出的麻州法案現在已變成一項要實施的法律。這項重要的法律將把煙草稅增加五十每分以提升七萬五千人的健

康計劃且改善更多人的醫療福利。這項法律的主要提倡人有Rachael Karpfien

州議員、Mark Montigny參議員、Linda Moore參議員、Richard

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司徒賢律師在全美十大法律學院，紐約大學畢業，是麻省、新澤西、紐約三州註冊職業律師。曾被香港《一周刊》、台灣《聯合報》、美國世界日報、《Boston Globe》、《San Francisco Chronicle》訪問有關法律政策。

一位新的電腦入門使用者，如何開始他的“痛苦之旅”呢？首先他有一筆錢，想要買一台電腦，預算有限所以電腦的金額不能超過。第一會面臨到的問題便是：要在哪裡買呢？電腦賣場，人賣場，經銷商？選擇好的購買店有幾招！我的建議有四點：

第一點：態度佳

初學者，剛使用電腦，問題一定很多，（其實有的根本不是問題）而公司的服務人員，工程師能在約定的時間內到府，當然是最好的。不過也不要太嚴苛。要人家“隨傳隨到”這是不可能的。又不是只做你一個人的生意？！一台電腦才賺你幾塊錢而已。（競爭激烈喔）重點是工程師要正確的指導初學者錯誤的地方，以免重蹈覆轍，犯同樣的錯誤。這樣就不好了，相對的初學者也要認真的學習。雙方面的配合，才能避免日後的麻煩。

第二點：信譽好

不可以不理不睬，要賣不賣，要殷勤的介紹電腦週邊，配備，問到哪裡，答到哪裡！親切的態度是消費者興起購買欲的第一要素。

第三點：服務勤

初學者，剛使用電腦，問題一定很多，（其實有的根本不是問題）而公司的服務人員，工程師能在約定的時間內到府，當然是最好的。不過也不要太嚴苛。要人家“隨傳隨到”這是不可能的。又不是只做你一個人的生意？！一台電腦才賺你幾塊錢而已。（競爭激烈喔）重點是工程師要正確的指導初學者錯誤的地方，以免重蹈覆轍，犯同樣的錯誤。這樣就不好了，相對的初學者也要認真的學習。雙方面的配合，才能避免日後的麻煩。

第四點：離家近

不可以不理不睬，要賣不賣，要殷勤的介紹電腦週邊，配備，問到哪裡，答到哪裡！親切的態度是消費者興起購買欲的第一要素。

就好像家庭有“家庭醫生”一樣。有以往的病歷可查證，他對你家人身體，瞭如指掌。一有啥毛病。翻翻舊病歷。便可查出原因！電腦也一樣。當維修人員了解你的使用情況時，要解決電腦的毛病就簡單多了！經銷商好像你的鄰店一樣。能隨時隨地解決你的問題。如果你方便有空的話，也不妨自己搬電腦到這來維修一下。反正近嘛！也體恤工程師的辛勞。

問題的交流，詢問，互相配合，達到“雙贏”的境界是最好的！選到好的商家，另外還有一些要注意的事項：

配備最好事一次購足，以免日後又得升級一次，既麻煩又費事。依個人的使用情形去選擇配備，根本無法開快！記憶體好像我們使用的桌子一樣。記憶體越大，表示桌子越大。能放的東西就多，能處理的東西就多。但是很重要的一點，越多記憶體並不使你的電腦“速度變快”！只是能讓你一次能處理較大，多的檔案而已。～如果你的~~2MB~~或以上的記憶體，只是讓你用來開啟文字檔，上網收信，看~~VO~~的話。我勸你把這些“多餘的”記憶體賣掉吧！換來的錢，買一些有用的軟體；以免讓這些記憶體一天天的貶值，無用下去。

避免購買來路不明的東西。能用原廠的公司貨是最好的，其保證書，說明書等證明資料也不要忘了向商家拿齊全，而後這些東西也要好好的保存下來，以備不時之需！

以上就是小弟我，對於初學者購買電腦時，所應該知道了解的地方，提出來的一點淺見。正如我一開始所提，買完電腦並不是結束，而是初學者另一階段“痛苦的開始”。因為要面對的是：瞬息萬變的作業系統，你不知道它何時會因你錯下一個指令，一個動作而當機？會不會重灌系統~~VO~~次~~88~~次？那麼多的軟體，要上手可不容易！要讀多少本書，雜誌才能有所助益！和電腦對看，相望的時間與你學習的速度有相對的關係。就是說，你不花時間使用它，就別想你能“駕馭”，操作它！電腦高手那一個不是曾經夜夜和電腦打拼，開夜車，共枕眠的。

學電腦雖不是“永遠的痛苦”。但更不會有“永遠的快樂”。其中的新鮮，刺激，辛酸。成就感。我想只有當事人才能深刻的體會吧？

還有，不要太貪小便宜。所謂“便宜無好貨”，但也不要認定貴的東西就一定好！事前的與店家溝通清楚，如售後服務的項目，保固期限多久？維修費用計算方式等等，都是要討論的重點。防止以後會為某種原因而有所爭吵。就是“醜話講在先”囉！

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1. Hit a snag – to run into a problem.

遇上困難

I hit a snag with my homework because I didn't pay attention to the teacher's directions for the homework assignment.

當老師講解作業時我並沒有留心，現在我可麻煩了。

(ABE Level 1 - Hai Hong Huang)

2. Cat got your tongue? – Cannot talk.

講不出話來

When my daughter gets into trouble, she is always quiet.

I always ask her: "What's wrong?

Has the cat got your tongue?"

當我的女兒犯了錯，她總是默不作聲，我會說“怎麼啦？沒話可說嗎？”

(ABE Level 3 - Mandy Mak)

陳毓禮先生的華埠之情

美國紅十字會在每年三月都會頒發人道主義獎(Humanitarian Award)。

這個獎項是由紅十字會創始人Clara Barton所設立，為要表揚一些平時對社區默默服務的人。今年四位得獎人之一為一直被大家稱「華埠市長」、「Uncle Frank」的陳毓禮先生。

記者在陳毓禮先生平時忙中，終於在一個晴朗的週末，邀得陳毓禮先生作一個個人專訪。那天筆者與陳毓禮先生、及其兄陳毓旋先生到南站的一家早餐店進行以下的訪聊。在到早餐店途中，華埠熙熙攘攘的路人中十之八九都會向陳毓禮先生道聲「Uncle Frank好」，可見陳毓禮先生在華埠的好人緣。在路上，陳毓禮先生十分在意路上的垃圾，無奈地說「相關單位必須督促居民及政府重視華埠的髒亂問題。」他不時也舉手之勞地撿起地上的垃圾。

陳毓禮先生回憶起四、五十年前的華埠，民風純樸。不像現在華埠附近商業高樓林立，垃圾遍地，派系鬥爭。然而隨著移民人口的增多，華埠也成為亞裔尤其是中國人的文化、經濟中心。陳毓禮先生認為不管從那個地方來的中國人，都應該放下出生地的成見，一起努力共創華埠繁榮、美好的景像，讓這邊的新一代中國移民得到更好的服務及生活品質。古早的華埠，人人生活忙碌，無暇照顧子女。牛少人便常聚在一起運動、到城外參加比賽，也偶爾為YMCA募款，一起合作參與華埠清潔的工作。就這樣年輕人組成了「華青聯誼會」(簡稱華青會)，陳毓禮先生也因此於年少開始了服務社區的生涯。華青會長年在華埠的各項公共事務有所參與與貢獻，如早在一九六九年(三十二年前)，參與波城僑界與市長人權委員會聯合舉辦首次「華埠問題公聽會」，並設計問卷調查就華埠的住宅、街道清潔、醫療機構、社區治安、色情區對華埠的影響詢問僑胞的反應，及向市政府表達居民心聲。陳毓禮先生極其希望華裔店民能多關心公共事務、參與政治，好為在美

族裔向政府表達心聲、為自己的族裔謀取應有的重視與福利。在四月十二日的華埠市政公聽會，陳毓禮先生也到場支持對選舉服務中的翻譯系統以便有語言障礙的亞裔民衆參與投票的訴求。

陳毓旋先生描述陳家在華埠的開績，陳家兄弟的父親是早期到美國的廣東移民，在華埠開一家草藥店，十分艱苦，陳毓禮先生在家排行老二，上面有五個姐妹。母親在生下他不久就過世了，父親也因積勞成疾在他兩歲是也撒手人寰。在旁親友無力下只好把他們六個兄弟姐妹送回廣東老家請那邊的親友

三位市長的競選。他關心社區老人因語言障礙得不到合適的醫療照顧，著手與其兄陳毓旋先生協力促進華埠第一家老人院的誕生。回顧當初曾面對多方的阻攔及誤解，陳家兄弟仍義不容辭地歷經九年終於突破層層的阻礙，促成中華頤養院的成立，造福了社區及亞裔的老人，在社區的老人醫療保健服務方面有非常好的名聲。



陳毓禮先生(左)及其兄陳毓旋先生(右)

陳毓禮先生總是以「人道關懷」為

心志，五十年來足跡踏遍華埠的任何

一個角落。其酸甜苦辣的心聲難以用

言語表達。陳毓禮先生關心著華埠環境

的髒亂問題，不時拿著掃把到大街小巷清理。他也呼籲市政府及華埠居民

共同關心這樣的問題；陳毓禮先生關心

著華裔在美國是少數族裔，其該有的

權利睡著了，他便挨家挨戶到社區去

鼓勵民衆投票。他已協助波士頓歷任

三位市長的競選。他關心社區老人因

語言障礙得不到合適的醫療照顧，著

手與其兄陳毓旋先生協力促進華埠第

一家老人院的誕生。回顧當初曾面對

多方的阻攔及誤解，陳家兄弟仍義不容

辭地歷經九年終於突破層層的阻礙，

促成中華頤養院的成立，造福了社區

及亞裔的老人，在社區的老人醫療保

健服務方面有非常好的名聲。

撫養。直到陳毓禮先生十六歲時才返回美國波士頓華埠，回到美國的第二天就到洗衣店打工。因沒有任何英文基礎，在學校遠遠跟不上同齡的學生，使陳毓禮先生心裏感到非常不平衡。後來就決定休學，白天打工至晚上，再利用深夜自修及姐姐的輔導完成初中及高中的學業。後來又在韓戰中投身軍旅，韓戰結束後回到大學完成土木工程的學業。當時經濟不景氣，陳毓禮先生沒有馬上找到工作，抑鬱了好一陣子。後來與兄姐討論拿出多年的積蓄在華埠開了一家餐館，因服務良好，後續開了十五家分店。

舢舨

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陳毓禮先生曾被前任的市長Kevin White於一九七零年聘為市府採購部部長，期間歷經三位市長，都得到很好的信譽，直至一九九九年退休。如今的陳毓禮先生仍退而不休，仍為華埠的生活品質提升而奔命。今年六月十日為「華埠清潔日」，陳毓禮先生也相邀動員社區的有關單位將華埠的街道打掃乾淨。

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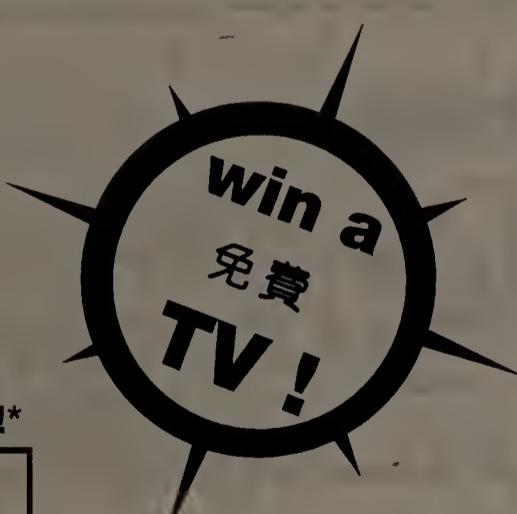
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族事務辦公室主任Ed.K.S. Wang, Psy.D.去年曾訪問過香港的會所「卓越之友」，效果非常好，覺得這個會所方式幫助精神病患重建信心、培養生活技能也能在華埠實施以優惠亞裔社區的民衆。楊氏青年會社區發展部主席Richard Chin表示「許多服務機構為精神病患所設的活動常是一星期一次，或一個月一次，這種會所機構按社會工作時間表不僅讓病患及早適應社會作息，也佳惠了病患的家屬，讓他們有充分的時間休息，且有專業的社工資訊輔助他們照顧家裏的精神病患。他極希望看見這些亞裔精神病患因會所的輔助能有一個重新面對社會的勇氣及新生活。」

舊英會的Ruth Moy表示，她參與了幾次治厚社「共識達成小組」的會議，深覺治厚社的設立是一個很好的構想，幫助一些曾患精神疾病的亞裔人士返回社會工作崗位；華商會的Ricky Moy雖因工作時間的緊張而沒有參與共識達成小組的會議，但他仍不定時收到相關進展資訊，自己因關心這個議題而不斷跟進其發展狀況，他也樂觀治厚社的功能。

國際會所認證標準模式也合適亞裔社區裏多種文化及多種語言的人口。基於會員互助的原理，華埠社區內的會員能利用自己多種文化及多種語言的天賦，幫助其他會員在與工作人員或會員與會員之間的溝通。不僅加強治厚社內部的傳達功能，亦能提供安全有效的媒體傳達。

黃健文先生的表示「治厚社的座落地點至今仍沒有達成共識，許多人顧慮華埠社區的安全環境、地點對這樣一個會友互助團體而言是否單純？我們仍在選擇較佳的座落地點；治厚社的資金仍沒有完整的著落，希望政府及社區相關單位能正視會所對亞裔社區的重要性，給予適當的補助。」「達成共識小組所召開的會議在每個月的第四個星期一舉行，目前已開過六個會議，由小組會員所填的評估表判斷。我們第一階段為達成社區共識的目標可以預期達成。」

五、發展對擴展這項計劃的實際做法，例如可能的經費來源及治厚社座落地點。

加強精神健康部(Substance Abuse and Mental Health Administration, SAMHSA)可能會因第一階段的取得共識的目標達成，而提供治厚社第二階段所需經費，一筆十五萬美元的款項。第二階段所要及找出提供第三階段的資金來源。

據黃健文先生的表示「治厚社的座落地點至今仍沒有達成共識，許多人顧慮華埠社區的安全環境、地點對這樣一個會友互助團體而言是否單純？我們仍在選擇較佳的座落地點；治厚社的資金仍沒有完整的著落，希望政府及社區相關單位能正視會所對亞裔社區的重要性，給予適當的補助。」「達成共識小組所召開的會議在每個月的第四個星期一舉行，目前已開過六個會議，由小組會員所填的評估表判斷。我們第一階段為達成社區共識的目標可以預期達成。」

麻州的藥品酒精管制及加強精神健康部(Substance Abuse and Mental Health Administration, SAMHSA)

已撥款十五萬美元已供治厚社籌劃第一階段（兩千零九年九月一日至兩千零八年八月三十一日）的支出。藥品酒精管制及

開始治厚社所需的資金至少要三十萬美元，以供四位全職的工作人員。這當中的部份資金來自藥品酒精管制及加強精神健康部給予第二階段資金的十五萬美元，剩下的部份希望來自州政府及私人的捐款。據黃健文的表示「我們已達到第一階段的目標—取得華埠社區重要機構領導人的共識，接下來我們會利用文宣、各類媒體在華埠重要的會議，例如華埠社區會議、華埠市政公聽會向華埠社區民眾宣導這項計劃，好得到更多的人意見及支持，有助於資金的籌措及人們所疑慮之問題的解決。（治厚社，為華埠會所 Chinatown Clubhouse 的暫時名稱，有待作最後決定）。」

張孟筠 採訪

IMMIGRATION LAW 移民法專業律師

南茜·荷莉頓
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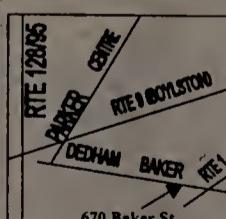
由中國風水師規畫認可

福地留給有緣人

98年的夏天，風和日麗，由主管人帶筆者到Gethsemane Cemetery墳場勘察陰宅風水。筆者在墳場之西北方乾宮觀察，見前方有一條又遠又長之順弓馬路環抱，以天心正運推算，現時是下元七運，在這七運期間一直旺至2003年到2004年開始，是值八運，亦能旺到2016年。如果你將先人葬在此區域之旺地，將來的子孫越遠越發，往來馴勝，到處去巡視自己所經營的生意。筆者建議在該區域的白虎方建一個聚寶爐，用來燒金銀衣紙給先人。這樣合乎我們中國人之傳統風俗，以表孝道。

招証恩居士
戊寅年夏

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從牛頓市(Newton Center)向南走
穿過九號公路，接上Parker街再走
0.5哩，接上Dedham街，左轉再直走1.6哩，
八口處在右手邊。

從波城來請走九號公路往有魯克蘭，從布魯克蘭(Brookline)走一號公路往南接VFW，看到Baker街右轉再直走約1,200尺，入口處在左邊。(如看到Home Depot就過了)

從128/95北邊來請接上九號公路繼續往東走約兩哩，會看
到Parker街，上坡右轉，在Parker街上走0.6哩接上Dedham街左轉直走兩哩(在右
手邊)。從128/95南邊來，走109東，往東走兩哩後，接一號公路上VFW Parkway左
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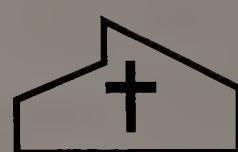
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節特刊

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